

Someone once said, " Some people are too tired to give you a smile. Give them one of yours, as none needs a smile so much as he who has no more to give." I believe in smiles. I've always liked smiling, and I've always liked when other people smile, but I came to find my belief in smiles one day when I had dislocated my knee and was in this bionic leg brace. I couldn't really walk and move around without wincing. It was last year, the month before end of year examinations began and everyone was stressing to get good results. Nobody seemed to have time for anyone else, but my friends took the time to smile at me and talk to me during recess. It made me feel so much better and more confident in myself, and ever since then, I have believed in smiles.

When people smile at me, it makes me a little bit happier, no matter how good or how bad my day has been. It makes me happy because someone else is happy. One person who always makes me feel better is my grandma because her smile could warm up even the most cold-blooded person. I can always count on her to smile whenever I see her or whenever I feel sad. Just knowing that makes me feel better. When my grandma and other people smile, it makes me happier and so I smile which in turn makes other people smile! Every time that "circle of smiles" happens, it makes me believe even more in smiles.

When I smile, no matter what effect it has on other people, it makes me feel happier. Whenever I use those muscles to turn the corners of my mouth up, that smile makes me feel happier therefore I smile a lot. I smile when I see or talk to a friend or when I remember funny things that happened in the past. Even more so when I think of my family and other people I love. I smile when I am somewhere, or I think of a place, that makes me happy. Each time I smile, it makes me happier thus reminding me of how much I believe in smiles.

So when I'm feeling down, I know that there is one thing I can turn to that will make my day better: smiles. I always thought that something that powerful would be hard to find. But it's was not. I see them everyday and when I do, I'm reminded of my belief that I think of all the time. I'm reminded of my strong belief in smiles